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B ☐ Featured
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MICHEL GUÉRARD'S CUISINE MINCEUR

The Cuisine of Slimness

*By Michel Guérard-
the inventor of the revolutionary
way to cook beautiful French food
without the calories*

ALSO AVAILABLE FOR YOUR CONSIDERATION . . . Tom Wolfe's newest and best book since
The Electric Kool-Aid Acid Test and *Radical Chic & Mau-Mauing the Flak Catchers*

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HERE, at long last, is what every dieter has dreamed of—superb French food that's low in both calories and cholesterol. It's called *la cuisine minceur*, the cuisine of slimness, and it was created by French chef Michel Guérard, the man Paul Bocuse calls "the most inventive of us all."

In this handsome cookbook Chef Guérard shares with American cooks the secrets of his *cuisine minceur*: how, by virtually banning flour, cream, butter and sugar from the kitchen, one can produce three- and four-course meals totaling only 500 calories apiece. The recipes—all of which have been carefully tested in American kitchens—are a far cry from the usual dieter's

*"Celestial diet cooking...joyful penitence
for the overindulger....Michel Guérard is the
civilized world's hottest kitchen property"*

—Gael Greene, *New York* magazine

fare. Soufflé aux tomates fraîches, Escalope de saumon à l'oseille, Grillade de boeuf au poivre vert and Granité de chocolat amer are among the dozens of "waist not, want not" dishes Chef Guérard presents.

But Michel Guérard's *Cuisine Minceur* is more than a collection of low calorie-high quality recipes. It is an introduction to the principles of superior French cooking from which amateur and seasoned cooks alike will benefit.

"Hail this as a landmark in culinary publishing... The book is a gem: handsome, fascinating, practical and unique."
—*Publishers Weekly*

AN IMPORTANT NOTE: Since Chef Guérard began pioneering his revolutionary methods, he has had many imitators. But this cookbook is the only authentic guide to *la vraie cuisine minceur*.

16 full-color plates

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[Publisher's list price: \$12.95] **PRICE TO MEMBERS: \$9.95** ONE BOOK



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Translated by Narcisse Chamberlain with Fanny Brennan



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